

## Registration with the CNHC for Sports Massage

In order to be eligible to apply for registration with CNHC practitioners must have

- undertaken a programme of training that meets, as a minimum, the Sports Massage National Occupational Standards and the [Sports Massage Core Curriculum](#). The minimum level of qualification required is equivalent to Level 4 (Regulated Qualifications Framework; England and Wales); Level 6 (Council for the Curriculum, Examinations and Assessment; Northern Ireland); Level 8 (The Scottish Credit and Qualifications Framework; Scotland) on the UK Qualification Comparison Chart.

OR

- have achieved competence to the level of the Sports Massage National Occupational Standards by means of relevant experience of at least three years and been assessed as having met those Standards.

***Please note, courses delivered entirely by distance learning do not meet CNHC requirements.***

The following courses meet the National Occupational Standards and the Sports Massage Core Curriculum:

- [VTCT Level 5 Certificate in Sports Massage Therapy](#) 601/5325/8 (prerequisite: Level 4 Diploma in Sports Massage)
- [VTCT \(ITEC\) Level 5 Certificate in Sports Massage Therapy](#) 601/5571/1 (prerequisite: Level 4 Diploma in Sports Massage)
- **Sports and Remedial Massage Diploma, Level 5**  
Bristol College of Massage and Bodywork  
109 Pembroke Road  
Bristol  
BS8 3EU  
Tel: 0117 946 6371  
Email: [enquiries@bristolmassage.co.uk](mailto:enquiries@bristolmassage.co.uk)  
Web: [www.bristolmassage.co.uk](http://www.bristolmassage.co.uk)
- **BTEC level 6 Professional Diploma in Advanced Clinical Massage and Sports Massage**  
Jing Advanced Massage and Training  
28/29 Bond Street  
Brighton  
BN1 1RD  
Tel: 01273 628942  
Email: [info@jingmassage.com](mailto:info@jingmassage.com)  
Web: <http://www.jingmassage.com/>

- **NTC National Qualification in Neuromuscular Therapy (known as NTC National Qualification in Neuromuscular Physical Therapy pre 2019)**  
National Training Centre  
15-16 Saint Joseph's Parade  
Dorset Street  
Dublin 7  
D07 F6CR  
Ireland  
Email: [fidelma.conlon@ntc.ie](mailto:fidelma.conlon@ntc.ie)  
Web: <https://www.ntc.ie/nmt/>
- **BTEC Level 5 Sports Massage and Soft Tissue Therapy**  
North London School of Sports Massage (NLSSM)  
Unit 12, LYST  
The Old Fire Station  
Town Hall Approach Road  
Tottenham  
N15 4RX  
Tel: 020 8885 6062  
Email: [info@nlssm.com](mailto:info@nlssm.com)  
Web: <http://www.nlssm.com/>

The following graduates are eligible to apply to register with CNHC but will need to demonstrate to the relevant CNHC verifying organisation, how their additional knowledge, skills and experience enable them to meet the core curriculum for the relevant discipline. Qualifications requiring additional training and / or evidence:

- **Active IQ Level 4 Certificate in Sports Massage** 601/4929/2 (prerequisite: Level 3 Diploma in Sports Massage)
- **VTCT(ITEC) Level 4 Certificate in Sports Massage** 601/5566/8 (prerequisite: Level 3 Diploma in Sports Massage)
- **VTCT Level 4 Certificate in Sports Massage** 601/4648/5 (prerequisite: Level 3 Diploma in Sports Massage)
- **YMCA Level 4 Certificate in Sports Massage** 601/5123/7 (prerequisite: Level 3 Diploma in Sports Massage)

Evidence of further training and formal assessment acquired during CPD or other activities is required in the following areas:

## **TECHNIQUES**

**Myofascial techniques** (fascial assessment, direct, indirect, deep, superficial) – describe the physiological effects, explain the protocols of application, demonstrate methods of application and explain cautions

**Positional release techniques** - describe the physiological effects, explain the protocol for application, demonstrate method of application and explain cautions

Treatment of oedema with relation to client positioning and treatment sequence

## **LIGAMENTS**

Anatomy and pathology of ligaments

Assessment of ligament injuries (range of movement – active and passive (end feel), orthopaedic tests)

Advise client on care of ligament injuries

## **NEUROLOGY**

Recognition and the organisation of dermatomes and myotomes

Characteristics of common peripheral neuropathy patterns

## **CASE STUDIES**

- There are to be a minimum of 5 case studies with at least 5 treatments per case study over a range of different demographics. Total 25 hours.
- As far as possible, a range of clients should be treated e.g. male, female, adolescent, adult, older adult, person with disabilities etc. The environment could be clinical, non-clinical or at an event. The treatment could be in any of the following contexts; pre-event, post event, inter/intra-event or maintenance.
- The purpose of the case studies is to demonstrate competency and as such should reflect the range of techniques, assessment and treatment skills learned.
- It is anticipated that clients will have an injury or a pathological condition in order to demonstrate knowledge and practical skills.

See [Apply to Register](#) for further information on applying to register with CNHC.

*NOTE: Any organisation (that is not a CNHC Verifying Organisation) that wishes a course to be added to those listed above is invited to submit to CNHC detailed documentation that demonstrates how the course delivers all the outcomes of the National Occupational Standards (NOS) and the requirements of the Core Curriculum. The documentation will be copied to the Sports Massage Profession Specific Board (PSB) so that the PSB can advise the CNHC whether the list should be updated.*

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